



New and Improved Education Materials!

The WIC Branch, the Nutrition Education Committee, and the Outreach Committee are working to revise California WIC's education materials.

Why revise California WIC's materials?

1. Most handouts developed over the last 10 years have copyright illustrations. We are replacing these illustrations with photos from our new photo library created using a diversity of volunteer models. Participants like the "real feel" of photos. Also, WIC will own these photos and will not have to pay licensing fees to use them!
2. We are updating the content of several handouts to fit with the new Dietary Guidelines, MyPyramid, and new infant feeding guidelines.

How do I order the new materials? Use the OSP form(s) available at www.wicworks.ca.gov under "Forms, OSP Forms". Print out a new order form each time you order, as forms will be continually updated. When you order, some materials may need to be back-ordered if the new materials are not yet available.

Can I still use the old materials? Yes. Use and distribute old materials until your supply is gone. Please use up old materials before using the new ones! If you downloaded any materials from our website with the copyright illustrations (such as the nutrition education cards and circle charts), use these up and download the new versions. If you shared electronic versions of materials that contain these illustrations with other programs, please inform those agencies that they need to stop reprinting these materials and/or remove them from their websites.

List of Materials Being Revised

Which education materials are we revising?

- *Give Your Baby a Healthy Start*
- *Be a Healthy Mom*
- *Food Guide for Women*
- *Feeding Your Baby Birth to 8 Months* (new title: "Feed Me, Birth to 6 Months")
- *Feeding Your Baby 6 to 12 Months* (new title: "Feed Me, 6 to 12 Months")
- *Sample Menus for Older Babies*
- *Time for a Cup*
- *Feeding Your 1 to 3 Year Old/Sample Menu* (new title: "Feed Me Age 1 to 3")
- *Feeding Your 4 to 5 Year Old/Sample Menu* (new title: "Feed Me Age 4 to 5")
- *Tips for Picky Eaters*
- *Healthy Choices for Kids*
- *Is Your Child Constipated?*
- *Constipation Birth to 12 Months* (discontinued, combined with *Is Your Child Constipated?*)
- *Iron for Strong Blood*
- *Iron* (discontinued, combined with *Iron for Strong Blood*)
- *Vitamin A*
- *Vitamin C*
- *Calcium*
- *WIC Works Wonders for You and Your Child*
- *When to Put the Plug on the Juice Jug*
- *Healthy Snacks for Healthy Kids*

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